
Name

GREEN BELT KARATE HOMEWORK CARD

1

HOW MANY TIMES DID YOU PRACTICE...?

Date: _____ Blocking Set 1

Date: _____ Short Form 1

Date: _____ Long Form 1

Date: _____ Short Form 2

Date: _____ Long Form 2

Date: _____ Short Form 3

Technique	Date	Parent Sign
Obscure Claws		
Encounter with Danger		
Circling Destruction		
Detour from Doom		
Squatting Sacrifice		
Escape from Death		

Parent Sign: _____ Instructor Initial: _____